

NEWHALL PRIMARY SCHOOL MENU



WEEK 1

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	OPTION 1 VEGETARIAN	Chickpea & Lentil Curry Served with 50/50 Rice (VE)	Zig Zag Lasagne (V)	Crispy Margherita pizza (V)	Ultimate Veggie Cheese Flan (V)	Roast Mediterranean Vegetable & Falafel Wrap (V)
	OPTION 2 MEAT / VEGETARIAN	Butternut Squash & Spinach Curry Served with 50/50 Rice (VE)	Pomodoro Spaghetti Meatballs	Crunchy Winter Crumble (V)	Traditional Roast Chicken	Classic Battered Fish
SIDES		Sweetcorn and Peas (VE)	Carrots and Broccoli (VE)	Corn on the Cob (VE)	Roast Potatoes (VE), Cauliflower (V), Yorkshire Pudding (V), Gravy (VE)	Oven Baked Chips (VE), Peas or Curry Sauce (VE)
SANDWICHES		Cheese Sandwich (V)	Tuna Sandwich	Chicken Wrap	Cheese Wrap (V)	Tuna Wrap
DESSERT		Fresh Fruit (VE), Selection of Yoghurt (V)	Fresh Fruit (VE), Selection of Yoghurt (V), Berries Jelly Trifle (V)	Fresh Fruit (VE), Selection of Yoghurt (V), Carrot Biscuit (VE)	Fresh Fruit (VE), Selection of Yoghurt (V), Banana Cake (V)	Fresh Fruit (VE), Selection of Yoghurt (V), Smoothie Ice Cream (V)

WEEK 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	OPTION 1 VEGETARIAN	Spring Vegetable Stir Fry Noodle (V)	Wholesome Mac & Cheese (V)	Crispy Sweetcorn Pizza (V)	Golden Crunchy Roasted Squash Fillet (VE)	Cheese & Leek Pie (V)
	OPTION 2 MEAT / VEGETARIAN	Veggie Sizzle Sausage Served with Root Mash Potato (V)	Sticky Beef with Carrot Rice	Bean and Sweet Potato Ragu With Cous Cous (VE)	Traditional Roast Chicken	Classic Cod Fish Finger
SIDES		Wilted Greens & Sweetcorn (VE)	Baked Garlic Broccoli (VE)	Vegetable Medley (VE)	Roast Potatoes (VE), Cauliflower (V), Yorkshire Pudding (V), Gravy (VE)	Oven Baked Chips (VE), Peas or Curry Sauce (VE)
SANDWICHES		Tuna sandwich	Chicken Sandwich	Tuna Wrap	Cheese Wrap (V)	Cheese Sandwich (V)
DESSERT		Fresh Fruit (VE), Selection of Yoghurt (V)	Fresh Fruit (VE), Selection of Yoghurt (V), Peach Jelly Trifle (V)	Fresh Fruit (VE), Selection of Yoghurt (V), Sticky Date Cookie (VE)	Fresh Fruit (VE), Selection of Yoghurt (V), Chocolate & Pear Cake (V)	Fresh Fruit (VE), Selection of Yoghurt (V), Smoothie Ice Cream (V)

AVAILABLE DAILY

- Jacket Potato (V/VE available)
- Low Fat Yoghurt (V)
- Seasonal Fresh Fruit (VE)
- Locally sourced salad bar (VE)
- Selection of classic sandwiches
- Bread available everyday

V: VEGETARIAN

VE: VEGAN